

February 2025

<p>Monday 3</p> <p>Main course</p> <ul style="list-style-type: none"> • Delicious Chicken meatballs • Beef enchiladas • Vegetarian strips • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Cup of Mandarins • Raw vegetables 	<p>Tuesday 4</p> <p>Main course</p> <ul style="list-style-type: none"> • Farfalla with meat sauce • BBQ strips • Vegetarian parmentier • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yogurt (tube) • Raw vegetables 	<p>Wednesday 5</p> <p>Main course</p> <ul style="list-style-type: none"> • French toast and old-fashioned ham (pork) • Multigrain breaded fish filets, roasted potatoes • Cheese tortellini rosée sauce au gratin • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fresh fruit • Raw vegetables 	<p>Thursday 6</p> <p>Main course</p> <ul style="list-style-type: none"> • Beef Stroganof • Hot chicken with green peas • Vegetarian Tacos TEX MEX • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oat and raisin pancake • Raw vegetables 	<p>Friday 7</p> <p>Main course</p> <ul style="list-style-type: none"> • 3 Cheese macaroni De Luxe • Meatloaf Pizza style • Italian lentil gratin • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Mixed fruit applesauce • Raw vegetables
<p>Monday 10</p> <p>Main course</p> <ul style="list-style-type: none"> • Le Brunch in Le Lunch • Chicken fried rice • Veggies meatballs • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fruit salad • Raw vegetables 	<p>Tuesday 11</p> <p>Main course</p> <ul style="list-style-type: none"> • Penne, homemade meat sauce (beef) • Chicken breast Teriyaki • Penne with lentil bolognese sauce • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oatmeal cookie • Raw vegetables 	<p>Wednesday 12</p> <p>Main course</p> <ul style="list-style-type: none"> • Chicken burger with cheese • Fish fillet • Chinese macaroni with tofu • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fruit yogurt • Raw vegetables 	<p>Thursday 13</p> <p>Main course</p> <ul style="list-style-type: none"> • TEX-MEX Beef Rolled Pizza • Chicken pesto salad (served cold) • Lentil and seasonal vegetable casserole • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oatmeal muffin square • Raw vegetables 	<p>Friday 14</p> <p>Main course</p> <ul style="list-style-type: none"> • Valentino Pasta Duo • Lovers' Chicken Escalope • Valentine's Tofu-Tine • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Valentine's day Dessert • Raw vegetables
<p>Monday 17</p> <p>Main course</p> <ul style="list-style-type: none"> • Multigrain chicken bites, oven roasted potatoes • Cheddar Mexican rice • Veggies meatball spaghetti • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Diced peach • Raw vegetables 	<p>Tuesday 18</p> <p>Main course</p> <ul style="list-style-type: none"> • GARFIELD'S Lasagna • BBQ chicken, homemade roasted potatoes • Tofu fried rice • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Graham cookie • Raw vegetables 	<p>Wednesday 19</p> <p>Main course</p> <ul style="list-style-type: none"> • Chinese buffet Le Lunch • Fish with Caribbean flavors • Mediterranean couscous with lentils • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Mixed fruit applesauce • Raw vegetables 	<p>Thursday 20</p> <p>Main course</p> <ul style="list-style-type: none"> • Texan Hamburger • Ham (pork) with apples • Braised tofu • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yogurt (tube) • Raw vegetables 	<p>Friday 21</p> <p>Main course</p> <ul style="list-style-type: none"> • Scoo-bidou pasta au gratin, tomato sauce • Pizza-chicken sub • Mexican vegetarian pan of rice Vege • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oat and date cookie • Raw vegetables
<p>Monday 24</p> <p>Main course</p> <ul style="list-style-type: none"> • Morning sandwich Le Lunch • Chicken Parmigiana served on pasta • Leguminous sweet bread • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Cup of Mandarins 	<p>Tuesday 25</p> <p>Main course</p> <ul style="list-style-type: none"> • BBQ meatballs • Tomatoes sauce Macaroni gratiné • Moroccan couscous • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fruit yogurt 	<p>Wednesday 26</p> <p>Main course</p> <ul style="list-style-type: none"> • Asian Chicken noodles • Cheddar/broccoli omelet • Asian organic tofu noodles • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fresh fruit • Raw vegetables 	<p>Thursday 27</p> <p>Main course</p> <ul style="list-style-type: none"> • General Tao Meatballs • Oriental Chicken • Nachos style vegetarian strip • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Molasse cookie • Raw vegetables 	<p>Friday 28</p> <p>Main course</p> <ul style="list-style-type: none"> • Pizza-ghetti de la Casa Le Lunch • Italian chicken pasta salad (served cold) • Vegetable and lentil rice • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Banana Muffin

raw vegetables

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